



**PUT SOME SPRING
IN YOUR COOKING
WARMER DAYS CALL
FOR SALADS** {page 13}

MOM SPILLS BIGGEST FAN WANTS TO PEN BOOK

{page 10}



CALGARY

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Wednesday, March 30, 2011
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News worth sharing.



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Daffodil. Days

► Calgary Stampeders fullback Rob Cote, left, and kicker Burke Dales were at Bankers Hall offering daffodils.

JEREMY NOLAIS/METRO

Stamps raise money for cancer

Athletes and aldermen alike were on hand yesterday as The Canadian Cancer Society launched its 50th annual Daffodil Days campaign in Bankers Hall. Volunteers will be selling bunches of daffodils for \$6 in the same spot again today and at various locations around the city until Saturday.

Leaders pledge to make good

Campaign trail heats up with election promises {page 4}

Wedding Shmedding

Britons sick of hearing about Wills and Kate's nuptials {page 6}

Homes face auction in city tax sale

► More than 180 homes remain on tax sale list as of yesterday ► Residential and commercial properties as well as parking stalls and empty lots on current list



KATIE TURNER

CALGARY@METRONEWS.CA

Dozens of properties are on the auction block as the City of Calgary looks to recoup years of unpaid property taxes.

Each year, the city releases a tax sale list that catalogues properties with more than three years outstanding tax arrears, which are then offered for sale by the city.

This year's tax sale document currently has 13 pages of properties, which could potentially be sold.

Jill Gaume of the city's CFO department said property owners are notified a year in advance of the sale and the city works with owners and mortgage companies to sort out property tax payment.

"Every year, the girls work so hard to get the list down (to zero properties)," said Gaume. "They're really hoping to get there again too."

Sinedu Worku said she is working with the city at the moment to ensure her sister doesn't lose her home.

Worku, a recent immigrant from Ethiopia, said her sister's northeast home is at risk because of a misunderstanding.

How the sales work

The tax sale takes place under the terms of the Municipal Government Act.

- The public auction of these properties will place April 21 at 10 a.m. in the Calgary Power Reception Hall in Old City Hall.
- Payments can be made right up until the morning of the sale, according to Jill Gaume.
- The last time a tax sale was necessary was 2007 and only parking stalls were auctioned off.

"My sister, the owner, she has a language barrier because she's not an English-speaking person so she wasn't understanding," she said.

"They were thinking when they were paying the house mortgage, they were thinking for so long the taxes were included."

Worku said she's hoping her sister can pay the just over \$5,000 owed to the city before April 21. "We want to solve this problem; we want to do whatever it takes to pay the tax and respect the rules of the country."



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AMVIC LICENSED

Construction hurts centre's attendance

► Noticeable decline in number of visitors: CEO ► Stop at 10th St. W. likely to be completed by year's end

Expansion of the West LRT is creating headaches for seniors heading to a popular downtown centre. Some have even decided to stop going altogether.

The Kerby Centre, which provides daily activities and assistance for hundreds of seniors, has seen its attendance decline by up to 12 per cent in recent months, said chief executive Luanne Whitmarsh.

The reason, she says, is alterations to the access of the building to make way for construction of the 10th Street West LRT station.

"You have to sort of snake through the property to get to the front door," Whitmarsh said. "There's a lot of heavy equipment, and that is intimidating to older people to go with all the noises and confusion."

Gordon Stewart, the city's director of transportation infrastructure, said his

Time to move?

- The Kerby Centre documented 125,000 visits in 2009.
- Numbers for 2010 are still being calculated.
- The LRT construction is just one of a few reasons that Kerby Centre executives have begun assessing a possible relocation, Whitmarsh said.

department has attempted to accommodate Kerby Centre attendees, and noted they will have great access to the LRT upon the project's completion.

"These people, they have health issues — there's also the disruption to the routine they are comfortable with," he said. "We understand that, (but) we can only do so much."

● JEREMY NOLAIS



Grant will train nurses-to-be

Nursing students at the University of Calgary will soon see more state-of-the-art patient simulators and video recording equipment in the Clinical Simulation Learning Centre thanks to a \$300,000 grant from the provincial government, says a release.

The centre aims to create a learning environment that mimics hospital wards and home care settings. Additional funding will allow expanded use throughout the nursing

CSLC file

- The Clinical Simulation Learning Centre opened two years ago at a cost of \$2 million.
- The program also includes eDose, a web-based tool used to teach drug dosage calculation skills.

curriculum, according to the release. Both undergraduate and graduate nursing student have access to the facility. ● METRO



News in brief

Calgary sits at 16 on mag's list

CITY STUDY. Calgary has been ranked the 16th best place to live in Canada by MoneySense magazine. Calgary was out-ranked by Edmonton, which came in eighth place, and St. Albert, in fifth.

Calgary's ranking has jumped 11 places from last year — an increase attributed to low unemployment rates.

ment rates. ● METRO

Music mecca coming to town

HALL OF FAME. Plans are being finalized for Calgary to house the Canadian Music Hall of Fame, officials confirmed in a release yesterday.

Canadian music memorabilia would be exhibited in a \$130-million facility called the National Music Centre, which would be located inside the King Edward Hotel in the East Village. ● METRO

1
news



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Gord McIntosh on how the Liberals allowed themselves to be run over by the coalition charge. More at metronews.ca/spindoc

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Campaign trail promises toe party lines

- Tories rehash tax credits to help small businesses
- Liberals focus on students in Day 4 of campaign

Help for small business. A boost to post-secondary students. A kick in the shins to the big banks.

It was a day of ideological retrenchment on the campaign trail yesterday as the three major federalist parties retreated to their traditional policy corners for a breather.

Prime Minister Stephen Harper peeled a page from his recent, stillborn budget to re-announce a modest, one-year, \$1,000 tax credit to help small businesses protect against increases to employment insurance premiums.

Liberal Leader Michael Ignatieff made his first big policy pitch of the 36-day

Student savings

Liberal Leader Michael Ignatieff focused Day 4 of the campaign on post-secondary students.

- Ignatieff's plan would provide students \$1,000 a year for four years — up to \$1,500 a year for low-income families.
- The grants would go into education savings accounts for 14- to 17-year-olds as they approach post-secondary school age.
- Current students would also benefit from a transition period program, according to a Liberal release.

campaign that culminates May 2 — a \$1 billion-a-year pledge for new, tax-free student grants to assist roughly a million families with college or university costs.

And Jack Layton of the NDP reprised his own hardy perennial: a vow to legislate lower interest rate charges on consumer credit cards.

Even Bloc Québécois Leader Gilles Duceppe went old school with a rousing defence of French language protections in Quebec.

For Ignatieff, the showpiece was a big boost to a previous Liberal government's popular Registered Education Savings Plan program.

THE CANADIAN PRESS

Shark. Attack



► Jason Kresse holds a 170-kilogram shark that leapt into his boat Monday during a fishing trip in Freeport, Texas.

THE ASSOCIATED PRESS/COURTESY JASON KRESSE

Jumped the shark

A mako shark leapt into the boat of a small fishing crew while they were catching red snapper in the Gulf of Mexico, Monday. Jason Kresse says the shark thrashed around their boat for hours before dying.

Ex-Tory aide leaves key riding after RCMP probe

A former Conservative staffer under investigation by the RCMP has left his volunteer job in a key electoral battleground, Prime Minister Stephen Harper says.

Harper told a news conference in Regina yesterday that Sébastien Togneri is no longer working in the riding of Edmonton-Strathcona.

The announcement came after The Canadian Press learned Togneri was helping the campaign of Ryan Hastman, a Conservative with ties to the Prime Minister's Office.

Hastman is trying to wrest away the only riding in Alberta the Conservatives did not win in 2008.

As a senior aide to a cabinet minister in 2009, Togneri demanded that government officials block the release of a document requested by The Canadian Press under Access to Information laws.

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Leaders won't offer arms for Libyan rebels

► Agree Gadhafi must go, but stop short of active support for rebels ► Qatar will help market oil

World powers agreed yesterday that Moammar Gadhafi should step down after 42 years as Libya's ruler, but did not discuss arming the rebels who are seeking to oust him.

Top diplomats from up to 40 countries met for crisis talks yesterday in London on the future of the North African nation, but British Foreign Secretary William Hague told reporters the subject of arming rebels simply did not come up.

He said Libya was under a UN-mandated arms embargo and that the restrictions "in our view apply to the whole of Libya."

Hague's comments sug-

Rebel retreat

Libyan government tanks and rockets pounded rebel forces — who attempted an assault on Moammar Gadhafi's hometown of Sirte — into full retreat yesterday.

► Opposition fighters fleeing in a panicked scramble pleaded for international airstrikes that never came.

gest that the UN-backed coalition cobbled together to defend civilians from Gadhafi's onslaught is still hanging back from throwing its entire weight behind the ill-organized

rebels, whose exact make-up and motives remain unclear.

But Qatari Prime Minister Sheikh Hamad Bin Jaber al-Thani seemed to leave the door open to arms sales when he suggested that the issue might be revisited if the aerial campaign fell short of its stated goal of protecting Libyan civilians.

Qatar, which has recognized the rebels as Libya's legitimate representatives, also plans to help them sell crude on the international market. Yet while there has been talk of using Qatar to market Libya's oil for days, details have remained sketchy.

THE ASSOCIATED PRESS

Britons cope with wedding fatigue

There's still a month to go until the royal wedding and yet some Britons are already asking: Is it over yet?

While millions around the world are following every detail of the wedding planning — the guest list, the cake, the carriage, the dress — others are desperately trying to tune it out.

For many British businesses, the wedding is good news — bringing in extra tourists, giving a boost to hotels, restaurants, shops and royal-related tourist attractions.

But there also will be an exodus, with several million Britons heading abroad, thanks to the lucky timing of the wedding day — a holiday for most — between the Easter weekend and the May Day public holiday. Clever employees quickly calculated they could get an 11-day break by taking only three days off work.

THE ASSOCIATED PRESS



► Daniil Korotkikh found a bottle with a letter on a beach at the village of Morskoye, Russia.

THE ASSOCIATED PRESS/VIKTOR GUSEINOV

Message in a bottle surfaces after 24 years

Nearly a quarter-century after a German boy tossed a message in a bottle off a ship in the Baltic Sea, he's received an answer.

A 13-year-old Russian, Daniil Korotkikh, was walking with his parents on a beach when he saw something glittering in the sand. "It looked like a German beer bottle with a ceramic plug, and there was a message inside," he said.

His father, who knows schoolboy German, translated the letter, carefully wrapped in cellophane.

It said: "My name is Frank, and I'm five years old. My dad and I are travelling on a ship to Denmark. If you find this letter, please write back to me, and I will write back to you."

The letter, dated 1987, included an address in the town of Coesfeld.

The boy in the letter, Frank Uesbeck, is now 29. His parents still live at the letter's address.

The Russian boy and the German man met each other earlier this month via an Internet video link.

THE ASSOCIATED PRESS

EU talks stall on banning cloned food animals

European Union negotiators yesterday abandoned widely popular new legislation that would have banned cloning animals to produce food, after all-night talks bogged down in disagreement.

Last-ditch negotiations ended at 7 a.m. after repre-

sentatives of the European Parliament and the EU governments could not find a compromise on how to treat the offspring of cloned animals — despite overwhelming agreement on banning food from the actual clone.

The collapse of talks

caps three years of back and forth between the parliament and the European Council, which represents the 27 EU states, on the so-called "novel food" regulation.

It leaves the EU with its 1997 law that requires special authorization for milk

and meat from cloned animals, but does not ban the practice of cloning nor the import of food from cloned animals. It is a victory for food producers from countries such as United States, where cloning is more advanced than in Europe.

THE ASSOCIATED PRESS

Controversial

There is no scientific evidence of negative health effects from eating food from cloned animals or their offspring, according to the European Commission.

- However, the practice remains controversial, since a large majority of cloned animals die shortly after birth or after conception.
- More than 60 per cent of EU citizens think animal cloning is "morally wrong."



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Mad caps drive up Internet bills: Netflix boss

► It's unreasonable for ISPs to be charging dollars per gigabyte in overage fees for video streaming, CEO says

Canada's Internet providers are using data caps to inflate their profits, not offer better service, says Reed Hastings, CEO of Netflix.

The video-streaming company has a plan to combat low downloading allowances, but Hastings said yesterday that customers shouldn't have to ration their data use when the true cost of that data is less than a penny per gigabyte. Internet providers have disputed that figure.

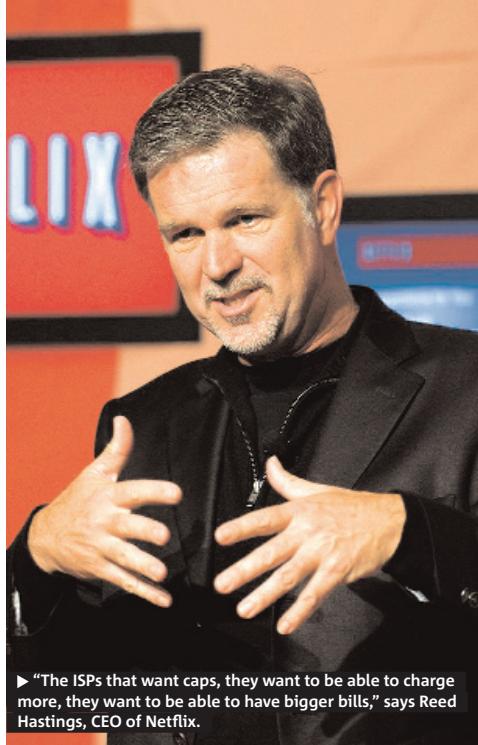
On Monday, Netflix rolled out options to control data consumption. Users can still watch a show with the best available quality, which can take more than two gigabytes per hour to stream. But a new, lesser quality default setting will consume only 300 megabytes an hour. With the new setting, watching 30 hours of content a month would transfer about nine gigabytes of data, which comes under the caps of most Internet plans.

U.S.-based Netflix is on track to add its one-millionth Canadian customer this summer.

THE CANADIAN PRESS

"Internet traffic is extremely cheap and the problem is there's not much competition and that's why you get these big prices."

NETFLIX CEO REED HASTINGS
ON DATA-CAP BILLS



► "The ISPs that want caps, they want to be able to charge more, they want to be able to have bigger bills," says Reed Hastings, CEO of Netflix.

Market moment

TSX	Dollar	Oil	Natural gas
+ 37.62 (13,930.35)	+ 0.20¢ (102.6¢ US)	+ 81¢ US (\$104.79 US)	\$4,263 US (- 18.5¢ US) Gold contracts \$1,416.20 US (- \$3.70 US)

CLASS ACTION

Fix is in on card fees: Lawsuit

Visa, MasterCard and the country's biggest banks conspired to fix the fees charged to businesses that accept credit-card payments, a class-action

lawsuit alleges.

Mary Watson, a furniture store owner in Vancouver, filed the suit in B.C. Supreme Court on behalf of merchants who accept cards. It claims the card companies and banks force retailers to accept all of their credit cards, even those that charge higher processing fees. It also says merchants are prohibited from passing on the high-

fees to consumers, and so must eat the costs themselves.

Greg McMullen, the plaintiffs' lawyer, says the lawsuit seeks to allow businesses to decide which cards they accept and whether to add a surcharge for premium points and rewards cards.

The banks and credit-card companies deny the allegations.

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IT'S THE END OF RELIGION AS WE KNOW IT

Just sayin'

PAUL SULLIVAN



Lost in the manufactured frenzy of the fourth federal election call in seven years is a much more important story.

According to a mathematical formula devised by a bunch of professors, Canada is one of nine countries losing its religion. The others include the usual godless suspects: The Netherlands, the Czech Republic and Finland, but included a couple of surprises, such as Ireland, which has only recently emerged from mandatory catechism classes, and Switzerland, land of theologians. Australia and New Zealand, who have already sent the Queen packing, are also in danger of tossing God

off the cart.

It's a progression and if we keep telling the census we don't belong to any organized religion, there eventually won't be any organized religion. It's a self-fulfilling prophecy, which explains perhaps why the Harper Government (trademark registered), a champion of organized religion, sank the long census form and its snoopy religion questions. Don't ask, don't tell.

If you are a regular churchgoer, you won't like the way it's going. More than half of young Canadians aged 15 to 29 claim to have no religious identity. In 100 years, we will all be sleeping in Sunday morning.

The same thing is going on, though to a lesser degree, in the more God-fearing U.S., where 25 to 30 per cent of 20-somethings have no religious affiliation.

The reason? They're tired of right-wing geezers hijacking the agenda and are voting with their feet.

Speaking of right-wing geezers, Pope Benedict XVI is still making pronouncements from the Vatican.

I suppose that's his prerogative when it comes to matters moral, although recent musings on condoms from a celibate 83-year-old white guy didn't do much to enlighten the faithful.

But that hasn't stifled his enthusiasm for pronouncements. Not long ago, he dabbled in quantum physics and claimed to have it on good authority that God was behind the Big Bang — the creation of the universe.

You have to ask: How does he know? Especially because Stephen Hawking, the world's

foremost quantum physicist, says the universe was able to kick-start itself thanks to the law of gravity. No God involved.

Take it on my authority, says the Pope, but according to the aforementioned professors, just sayin' it doesn't do it any more.

Too bad that hasn't stopped Hawking himself from making baseless pronouncements not grounded in science: He warned recently that humankind should avoid contact with aliens at all costs, since they're likely to be equipped with superior firepower — and hostile.

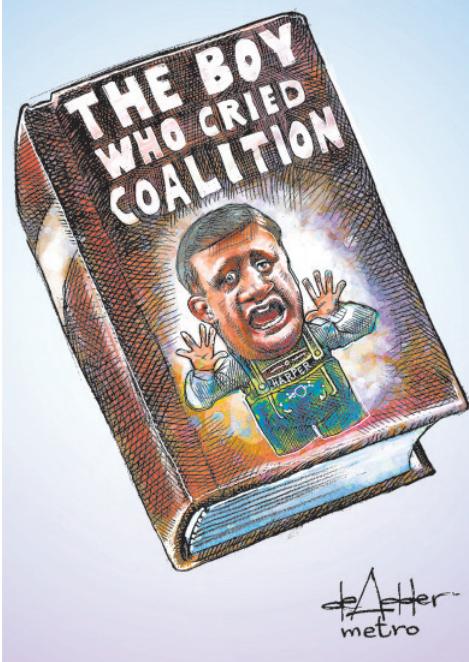
Not sure why. Maybe God has abandonment issues and he's on their side.



Read more of
Paul Sullivan's columns at
metronews.ca/justsaying

Cartoon

MICHAEL DE ADDER



*-Heller
metro*

Cheer up, it's good news

Worth mentioning

Good news begets better people.

That's the conclusion of new research from the University of British Columbia that says people are inspired to do good by reading media stories about selfless acts by Good Samaritans, instead of negative stories.

Lead author Karl Aquino says the news media has a tendency to celebrate bad behaviour, citing the coverage of the recent exploits of Charlie Sheen and articles that focus on crime.

He said four separate studies found a direct link between a person's

Inspirational



exposure to media accounts of extraordinary virtue and their yearning to change the world.

In one experiment, people exposed to stories of uncommon goodness gave 24 per cent more money to charity than those exposed to reports that were merely positive.

Aquino said the

findings could have implications in crisis situations like the recent disasters in Japan, because focusing on examples of extraordinary goodness within the crisis may be a more effective way to encourage people to help than inundating them with stories of desperation.

THE CANADIAN PRESS

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Metro Minute with Movies That Matter

The devastating effects of climate change take centre stage tonight at a University of Calgary film screening. There Once Was An Island follows the Polynesian community of Takuu as it watches tidal flooding rip through its low-lying atoll and leave the area's livability in question. The film follows three characters as they contemplate moving to a new commu-

nity or staying to fight for survival on the land they have called home for so long. The film has earned countless festival awards and positive reviews from around the globe. Tonight's screening gets underway at 7:30 inside That Empty Space. Admission is free for students, \$10 for everyone else. Visit moviesthatmatter.org for more. • METRO



► Climate change has forced the community of Takuu to make critical lifestyle choices.

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CONTRIBUTED

N.Y. hotels balking at the Sheen show

► Big hotels refusing to house Charlie and Co. as speaking tour kicks off

Charlie Sheen is coming to New York for his speaking tour but first he needs to find a place to stay — and no hotel in the city wants him, according to Page Six.

"Many of the big New York hotels don't want the drama," a source says. "He is now looking at renting a private residence."

But a source close to Sheen claims the problems have all been logistical.

"The real issue is finding him a hotel that allows smoking. He has to be able to smoke," the source says. "And it's hard to find a place that will accommodate him, plus his entourage that will be more than 30, including the lighting people and of course the goddesses."

• METRO



► Charlie Sheen

ALL PHOTOS GETTY IMAGES FILE

Talking points

Perry's mom peddles book

PEOPLE Katy Perry's mother, Mary Perry Hudson, is shopping a book about how her daughter's fame, risqué wardrobe and relationship with Russell Brand have challenged her faith, according to the New York Post.

In the proposal, Hudson reportedly recalls the conflict she felt over Perry's first big hit.

"She sang out, 'I kissed a girl, and I liked it,' while thousands joined her. One part of my heart soared," Hudson writes. "The other part broke for the thousands of hungry souls being fed something that didn't nourish their spirit, but fed their flesh."

METRO



Celebrity tweets



Charlie Sheen
[@charlie-sheen] Like a Dinosaur Stampede from middle earth RAGING atop Col. Kilgore's main rotor, our assault must be EPIC. The Truth is our rocket fuel.



Elizabeth Banks
[@ElizabethBanks] I was rocking a new denim shirt, feeling pretty cute until the huz mentioned I looked like an off-hours Jay Leno. G'bye new shirt.



Albert Brooks
[@Albert-Brooks] I used to feel a sense of accomplishment when I wrote a screenplay, or a book, or had a child. Now I'm going for sentences here. Damn.



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JONATHAN HAYWARD/THE CANADIAN PRESS

3 life

Travel in brief

Chinese tourism officials say an agreement signed this week in Richmond, B.C., will help boost travel to Qingdao, China, a coastal city known internationally for its beer. Canadian tour companies will promote travel to the city, while Chinese companies will do the same for Richmond, says a report in the Beijing-based People's Daily Online English edition.

THE CANADIAN PRESS

Get out and enjoy Vancouver's spring

► The sun is out on Canada's West Coast and there are plenty of great outdoor activities to immerse yourself in ► Kayak, hike, walk, bike, rollerblade or standup paddle boarding

The cherry blossoms are out, the crocuses are peeking out of the dirt and vitamin-D deficient Vancouverites are blinded by a bright orb in the sky that they have not seen much of since winter began.

Sure, while the rest of Canada suffered through whiteouts and nursed back injuries from shovelling, residents of the West Coast city, for the most part, were in-line skating through the season.

But the arrival of spring is still cause for celebration for locals and visitors coming in from the cold of a real Canadian winter.

From the mountains to the sea and everywhere in between, if you want to

take advantage of the best the region has to offer, you better bring good running shoes.

Sea kayaking in Deep Cove

Pack some granola, hop into a kayak and make your way up the Indian Arm, known for its calm waters and stunning vista of the shoreline, forests and mountains. Deep Cove Canoe & Kayak Centre rents equipment and can provide a few basic safety tips to get you on your way.

For more info, visit deepcovekayak.com.

Sweating on the Grouse Grind

At Grouse Mountain every year, thousands of Vancouverites try to outdo each other racing up this



► Standup paddle boarder Ashley Turk is seen in False Creek near Granville Island in Vancouver.

gruelling 2.9-kilometre climb.

Plan for about a 90-minute trek, or track your time on the Grind Timer in true local fashion — fastest man's time is 23 minutes 48 seconds, while the fastest woman's time is 34 minutes nine seconds.

For more info, visit grousemountain.com.

Walk, bike or blade the Stanley Park seawall

This popular 22-kilometre pathway stretches along Vancouver's waterfront, from downtown, around Stanley Park, False Creek and Granville Island

to Kitsilano Beach.

The best way to get the local experience is to don sunglasses and yoga pants, grab a large Starbucks coffee and head out for a brisk walk while listening to your iPod. A great place to start is at Stanley Park.

For more info, visit vancouver.ca/parks/parks/stanley/seawall.htm.

Stand up and ... paddle

Vancouverites have taken yet another liking to a fast-growing fitness craze.

In standup paddling, a paddler, armed with a long oar, stands on top of a surfboard and navigates the water using strokes as one would in a canoe.

For more info, visit ecomarine.com.

THE CANADIAN PRESS



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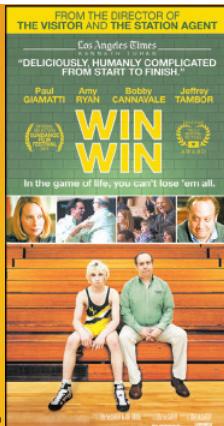
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GIZELLE LAU/METRO



Explore Ottawa's ByWard Market

► Canada's capital has more to offer than the same old boring tours of Parliament Hill ► The revitalized ByWard Market area is drawing in visitors

GIZELLE LAU
TRAVEL@METRONEWS.CA

Contrary to popular belief, Ottawa is not the same boring city you suffered through on your Grade 6 field trip. In fact, all the recent uproar on Parliament Hill just goes to show that our capital city is anything but dull.

It's Ottawa's historic ByWard Market that has really become one of the city's hottest attractions. Considered one of the oldest farmers' markets in Canada,

ByWard Market was first established in 1826 by Colonel John By, builder of the Rideau Canal. A recent revitalization within the past decade has produced an influx of independent art galleries, eco-friendly stores, cafes, restaurants, bakeries and one-of-a-kind designer clothing shops

that attracts an average of 50,000 visitors on a summer weekend, and more than six million per year.

So if you're planning a visit to Ottawa this spring or summer, here are some tried-and-true suggestions for the best food experiences in ByWard Market.

Take advantage of the fresh, local, and seasonal produce from late spring through fall, and visit one of the 260 farmer's market and artisan stands at ByWard Market Square for fresh fruits, vegetables, or maple syrup. While you're at the square, be sure to visit Le Moulin de Provence bakery where you can pick up an "Obama Cookie," made famous by the U.S. President's visit in February 2009.

Named one of Canada's 10 Best New Restaurants of 2009, Murray Street Kitchen Wine Charcuterie offers up

per Canadian farmhouse cooking with a nose-to-tail philosophy. Local cheeses, house-made charcuterie, \$13 weekend brunch, and plates like "head & shoulders, knees & toes" just goes to show that Murray Street Kitchen is the whole package (and then some).

For something a little more rowdy and prone to sing-alongs, don't miss Friday and Saturday nights at Fat Tuesday's, where you can enjoy some good 'ol fashioned dueling pianos while noshing on typical Louisiana fare like jambalaya, crab cakes or blackened chicken.

Whether it's a giant stack of banana pancakes for breakfast, four-cheese poutine or one of their 12 burger options for dinner, Zak's Diner serves up dinner-sized portions of comfort food 24 hours a day, 7 days a week — a favourite

More info

► Location. The market is conveniently located just a few blocks from attractions like the Chateau Fairmont Laurier, Rideau Canal, Rideau Centre, Parliament Hill, the National Gallery of Canada and Notre Dame Cathedral Basilica.

► Info. For more information or to plan your trip, go to ottawatourism.ca.

amongst University of Ottawa students and those reeling after a wild night at ByWard Market's clubs, pubs and bars.

Last but not least, a trip to ByWard isn't complete without a stop at the world's very first Beaver-Tails stand, for one of their fried, doughnut-like treats, traditionally topped with cinnamon and sugar.

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BOTH PHOTOS: ROSE REISMAN

Serves 4
Prep time:
 15 mins.
Cooking:
 30 mins.

► This tuna salad with roasted vegetables is filling enough to be an entrée.

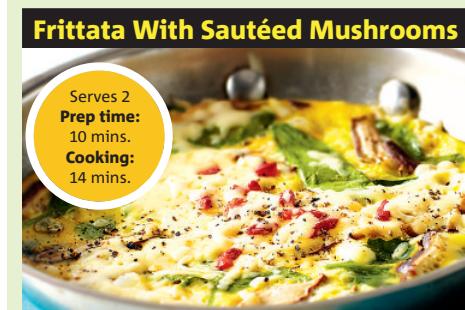
Usher in spring

► After a long and harsh winter, it's time to look forward to warmer weather and lighter fare

ROSE REISMAN
FOOD@METRONEWS.CA

This Fresh Tuna Salad Niçoise with Roasted Vegetables is my favourite salad. It's a perfect springtime main course and best with good-quality raw tuna.

You can, however, substitute canned tuna packed in water.



Serves 2
Prep time:
 10 mins.
Cooking:
 14 mins.

To enhance the flavour of this dish, use wild mushrooms such as oyster, shiitake or portobello.

Button mushrooms work as well, but be sure to sauté on a higher heat to ensure that the excess liquid evaporates.

Preparation:

1 Lightly coat a small nonstick skillet with cooking spray. Add the oil and set over medium heat. Add the onion and garlic and sauté for 3 minutes, or until the onion is soft and lightly browned.

Add mushrooms and red pepper and cook for 5 minutes, or until mushrooms are slightly dried. Set aside.

2 Wipe out the skillet and respray. Combine the egg substitute, egg whites and milk. Cook for 4 minutes over medium heat or until the egg begins to set.

Preparation:

- 1** Preheat oven to 425°F. Line a baking sheet with foil and lightly coat it with cooking spray.
- 2** Place potatoes, tomatoes, onions and asparagus on baking sheet. Lightly coat vegetables with cooking spray and bake for 10 minutes. Turn tomatoes and asparagus after 5 minutes, and remove

Ingredients: Salad

- 6 fingerling potatoes, sliced in half lengthwise
- 12 grape tomatoes
- 3 large slices red onion, about 1/4 inch thick
- 8 asparagus spears, trimmed
- 12 oz raw tuna (or canned flaked tuna packed in water)
- 4 cups baby spinach
- 3/4 cup diced cucumber
- 10 kalamata olives

Dressing

- 2 Tbsp olive oil
- 2 Tbsp lemon juice
- 4 anchovy fillets, finely chopped
- 1 tsp finely chopped garlic
- 1/2 tsp Dijon mustard
- pinch of salt and pepper

Garnish

- 3 Tbsp chopped fresh dill

from oven after 10 minutes. Continue cooking red onion for another 5 minutes, then remove from the oven. Continue cooking the potatoes for another 15 minutes, turning halfway through, or until tender.

3 Meanwhile, preheat a nonstick grill pan lightly coated with cooking spray over medium-high heat. Sear the tuna on each side for about 1 to 2 minutes, or until the outside of the fish is just cooked but the inside is rare. Take the tuna off the heat immediately. To stop the cooking process, place in the refrigerator immediately.

4 Arrange spinach, cucumber and olives on a large serving platter. Top with the roasted vegetables.

5 To prepare the dressing, whisk together the olive oil, lemon juice, anchovies, garlic, mustard, salt and pepper. Pour the dressing over the salad and top with the dill. Slice the tuna thinly and arrange it on top of the salad.

Ingredients:

- 1 tsp vegetable oil
- 1/3 cup finely chopped onion
- 1/2 tsp chopped garlic
- 3/4 cup sliced mushrooms
- 1/4 cup diced red bell pepper
- 1/2 cup egg substitute (or 2 large eggs)
- 3 egg whites
- 1/3 cup low-fat milk
- 1 cup fresh baby spinach
- 1/2 cup shredded havarti
- 2 Tbsp chopped parsley

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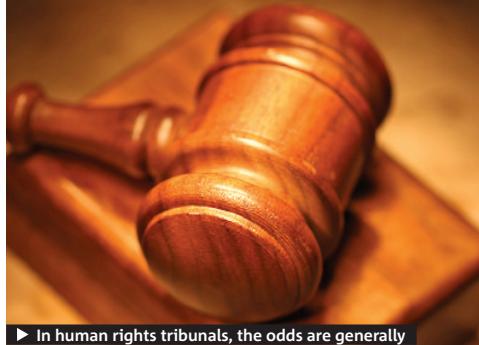
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Employers often complain that human rights tribunals are stacked against them. One employer's recent experience, related here, demonstrates why.

DO NOT CALL IT 'HUMAN RIGHTS'

ISTOCK



► In human rights tribunals, the odds are generally stacked against the employer.

After a night of drinking at a company-sponsored retreat in North Carolina, Anne-Marie Sutton slipped into a bathing suit and joined some colleagues in a hot tub.

Sutton, a contractor for an Ontario accounting firm, had travelled with the company to the retreat. Alcohol flowed freely, and when another guest started flirting with

her, Sutton reciprocated. Once in the hot tub, they started making out.

One of the witnesses who later testified said that Sutton appeared "into it" and looked "like she was having a good time."

However, after returning home from the retreat, Sutton suddenly claimed that she had been drugged and sexually assaulted in the hot tub by the guest that she had made out with and a partner from the firm. Sutton quickly resigned from her job and suggested that she had been raped.

Dissatisfied with the company's response to her concerns, she launched a human rights complaint, alleging that she had been secretly

videotaped, drugged and sexually assaulted at the retreat.

After an eight-day hearing, the Ontario Human Rights Tribunal recently concluded that Sutton simply could not be believed and that her version of the events did not occur.

The problem is that, unlike the courts where the loser pays legal costs to the other side, human rights tribunals have no mandate to award legal costs.

This serves employees' interests but not those of their current or former employers.

If employees have no risk of losing at trial and paying legal costs, why not pull the trigger on an

extensive complaint. Here, despite making serious claims that were ultimately unsupported, Sutton was not forced to pay her former employer even a dime.

What's worse is that while Sutton was provided with legal counsel at the government's expense by the Human Rights Legal Support Centre, a provincially funded agency that pursues claims on behalf of employees, her former employer was left to fend for itself.

In my experience, if complainants are actually forced to pay for a lawyer, fewer frivolous claims will be advanced, leaving more time and resources for those that actually do have merit.

Women take the page

KYLA SERGEJEW
LIFE@METRONEWS.CA

With the news of Lisa LaFlamme replacing Lloyd Robertson as CTV National News head anchor, you'd think women had finally won the battle for equali-

ty. But the recent symposium held at Ryerson University in Toronto on March 22, Women in the Field, uncovered otherwise.

Panelists focused on the ongoing struggle for equal treatment in the newsroom while addressing

"Not only have we not won the war, we can't shut up."

JUDITH TIMSON,
FREELANCE WRITER AND COLUMNIST

topics ranging from parenthood and success to international assignments and occupational stability.

Kathy English, public editor at the Toronto Star, said most women she's spoken to feel there is still a glass ceiling holding women back in the industry.

"These days any inequality you experience is subtle, [and with women] there is a sense of don't rock the boat," said English. "It's easy to say look how bad it used to be, but it's not good enough yet."

Although there is an in-

creasing presence of women in newsrooms and journalism schools, panelists agreed executive positions are still very much held by older, white males.

"The reality is that men are still in charge in much of the world and women continue to defer to them," said Karen Levine, documentary editor at CBC.

CBC director Sadia Zaman knows all too well how discrimination, not only against sex but also race, can put constraints on opportunities.

"It's very discouraging as a woman of colour in this industry," Zaman said.

"If you are a woman of colour, you will not see yourself in the executive positions here in Canada."

► Women in the Field symposium unveils that inequality still exists in news

Timeline

1976

► Barbara Walters becomes the first female to co-anchor network evening news.

1990

► The International Women's Media Foundation is founded with the goal of strengthening women's role in media worldwide as a means to further freedom of the press.

2007

► Katie Couric becomes the first solo female anchor of the evening news for a major network.

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► Students at Palooka's Boxing Club are learning discipline, courage, stamina with the help of a punching bag

About a half dozen kids wearing shorts and T-shirts gather around Tyson Cave at a Halifax boxing club. Some look sheepish, others confused.

The 29-year-old accomplished boxer isn't about to go easy on his young students, who've come after school to learn the basics of the contact sport.

While running laps, Cave caught one boy slowing to a walk. Now everyone has to do 20 pushups to make up for it.

"Boxing is a very dedicated sport and I tell all my kids if you're not dedicated 100 per cent, you're in the wrong sport," says Cave, a multi-time national amateur champion with a 14-1 record as a professional.

"I decided to dedicate myself 120 per cent so I was successful."

The Halifax native, who's known as the Prince of Hali in boxing circles, works as a head coach at Palooka's Boxing Club. Five days a week, the facility of-

fers free boxing and mixed martial arts classes for youth between the ages of 12 and 18.

Some of the kids who've come to practise their jab are paying members of the club. Others, like Shyraya Sullivan, have dropped by to take advantage of the free program.

Sullivan, a sturdy Grade 6 student who looks older than her 12 years, takes powerful swipes at a punching bag with her blue boxing gloves, stopping occasionally to breathe a heavy sigh. Cave braces himself against the bag and shouts out encouragement, coaxing Sullivan to hit harder.

After only a month of training alongside her 14-year-old brother, Sullivan is already dreaming of competing one day. She says she boxes five days a week and has no intention of quitting now.

"I think it's a good way to stay fit and have fun," says Sullivan.

I learned if I get into a conflict to use my discipline and not punch somebody or get into a fight with them, she said.

Discipline is a word that's thrown around here as often as punches. It's one of the key skills Cave tries to teach his students.

He says the purpose of the after-school program is to give all youth — regardless of background — a place to go, make friends, learn responsibility and stay out of trouble and off the streets.

The club, owned by well-known Halifax entrepreneur and long-time boxing enthusiast Mickey MacDonald, funds the program itself.

While the club attracts boxers from all over the city, it's no coincidence that it's located on Gottingen Street, a gritty thoroughfare punctuated by small businesses, apartments,

government offices, a methadone clinic and a public library. But despite

its rough-and-tumble reputation, the street — situated at the edge of the downtown core — has begun to show signs of revitalization in recent years.

Gottingen Street is also home to Uniacke Square, a neighbourhood consisting of low-income housing that has seen its share of violent crime and drugs. It's also where Cave says he spent part of his youth getting into trouble and "trying to be a man while still being a kid from a rough area."

At 14, before Palooka's existed, Cave says he walked into another boxing club on a whim. He recalls the terrifying rush of jumping into the ring for the first time, beads of nervous sweat forming on his skin.

He also remembers how it felt to lose and the pact he made with himself to never face an opponent unprepared again.

Boxing gave him something positive to focus on.

THE CANADIAN PRESS



► Shyraya Sullivan participates in a free boxing program to encourage neighbourhood kids to have fun and get fit while learning the basics of the sport.

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Teemu Selanne registered his 22nd career hat trick to lead Anaheim (43-28-7) past Colorado on Monday night. The Finnish Flash scored twice in the second period en route to amassing five points for the fifth time in his NHL career.



Of Calgary's five remaining games, tonight's contest is the only one against a team that hasn't already clinched.

THE CANADIAN PRESS

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'We know what we need to do'

Flames know they must run the table to have any hope of playoffs

With the regular season ticking away, the Calgary Flames know they have no margin for error.

The Flames sat ninth in the Western Conference heading into yesterday's action, three points back of Chicago for the final playoff spot.

The problem is, the Blackhawks have two games in hand. With just five games left on their schedule, the Flames know time is running out.

"We know what we need to do, we need to win games," Flames defenceman Mark Giordano said yesterday. "Obviously, you hope for a bit of help, but the bottom line is that Wednesday is an important game and if we win that, we give ourselves a chance and hope for the best."

Calgary (38-28-11) faces a key game when it hosts Anaheim (43-28-5) at home tonight. The Ducks sit seventh in the West, four points up on Calgary.

Coach Brent Sutter just wants his players to compete as hard as possible and see where they sit when the schedule runs out.

"We know we need to get help at some point along the way, but we still

have to take care of our own business and focus in on what we have to do," Sutter said. "We've just got to keep forging ahead here and make sure we take care of what we have to do."

With fewer games remaining on their schedule than the teams they're battling against, all the Flames can do on off nights is watch the action unfold and hope for the best.

"It's only natural to look at the standings, to see what you need and what other teams are doing," forward Matt Stajan said. "We care. We want to get to the playoffs. Going into every game, we have the same mindset. We want to win. For whatever reason we came out flat a couple games and it cost us some points."

Prior to Calgary's come-from-behind 5-4 shootout win in Edmonton over the Oilers on Saturday, the Flames had gone 1-4-2 in their previous seven contests to fall out of a playoff position.

"Inside of our room and as far as everybody downstairs and upstairs, we kept believing and stayed together and stuck with it," Sutter said. THE CANADIAN PRESS



► Olli Jokinen stretches during the warm-up prior to a game against the Kings last week.

Opinion

**BRIAN
COSTELLO**
THE HOCKEY NEWS



FATE MAY HANG ON A SINGLE POINT

By now we know the Flames have to run the board their last five games if they want to make the playoffs with 97 points. It looks like 95 or 96 won't be good enough.

Here's what has to happen down the stretch for that to happen. Calgary is battling five teams — Los Angeles, Phoenix, Nashville, Anaheim and Dallas — for four playoff positions. It's far more idealistic than realistic from a Flames point of view, but at least it's a possibility:

I'm giving Los Angeles fourth place with 100 points because I project them to win games against Edmonton, Dallas, Phoenix and Anaheim. I think the Kings will lose to Vancouver, San Jose and Anaheim. Not unreasonable.

If the Flames win against Anaheim, St. Louis, Colorado, Edmonton and Vancouver, they'll finish with 97 points. Calgary is ahead of three of those teams in the standings and the Canucks are bound to rest regulars in Game 82. Unlikely, but it's Calgary's only hope.

I have Phoenix coming in at 96 points with just one win and an overtime loss in its last five games. The Coyotes will beat Colorado at home, but lose to Dallas, Los Angeles and San Jose twice (once in overtime). Phoenix has been doing it with mirrors all season, so a sluggish finish wouldn't shock me.

I also have Nashville coming in at 96

points. The Predators will be outclassed by Vancouver and Detroit and take a shocking loss to the Avalanche in Colorado this Friday. Nashville will win two of its final three games, versus Atlanta, Columbus and St. Louis. Again, nothing unreasonable here. I just don't believe in the Preds.

Anaheim is the third team I see finishing with 96 points. After a loss in Calgary today, the Ducks will lose in San Jose Saturday. I'm banking on Anaheim losing in overtime to Dallas, then beating the Sharks at home followed by a split with the Kings.

Yet a fifth team I see finishing with 96 points is Dallas. But that still budgets for five wins in its final eight games — wins against Phoenix, Anaheim, Columbus, Colorado and Minnesota, and losses to San Jose, Los Angeles and Colorado. Not that much of a stretch.

So under these scenarios, the Flames finish in fifth with 97 points, one point ahead of five other teams. Problem is, Calgary rivals are bound to pick up the occasional loser point for taking a game to overtime. That's sure to bump the Flames to sixth, seventh or eighth.

But the Flames have to win 'em all from here on in.

NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
dx-Philadelphia	76	46	20	4	6	243	202	102	21-11-2	25-9-2	5-1-3	W1
dx-Washington	77	44	22	5	7	207	185	99	22-8-2	22-14-3	7-2-0	L1
dx-Boston	76	43	23	5	5	229	178	96	19-13-3	24-10-2	5-3-2	W1
x-Pittsburgh	77	45	24	5	3	220	188	98	24-14-2	20-10-3	7-3-0	L1
Tampa Bay	76	41	24	5	6	228	230	93	23-11-1	14-18-2	4-3-2	W2
Montreal	77	41	29	4	3	203	197	89	23-11-3	18-18-0	4-6-0	W1
NY Rangers	76	41	30	2	3	218	181	87	18-16-3	23-14-0	8-1-0	W1
Buffalo	76	38	29	8	1	225	215	85	18-16-2	20-12-5	6-3-1	L1
Carolina	76	36	30	5	5	214	226	82	20-13-2	16-17-3	5-4-0	W3
Toronto	77	35	32	5	5	205	235	80	18-14-3	17-18-2	6-4-0	W1
Atlanta	76	32	32	5	7	211	249	76	17-15-2	15-17-3	5-4-0	L1
New Jersey	75	34	36	3	2	155	189	73	18-15-2	16-21-0	4-5-0	W1
NY Islanders	76	29	35	7	5	210	241	70	16-17-1	14-18-6	4-3-2	L2
Florida	77	29	36	5	7	187	212	70	15-15-4	14-21-2	2-5-0	L6
Ottawa	77	29	38	5	5	177	238	68	14-19-2	15-19-3	5-4-0	L2

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk	
z-Vancouver	77	51	17	4	5	250	176	111	25-9-1	26-9-3	9-1-0	W4	
d-Detroit	76	44	22	6	4	244	216	98	20-12-2	24-10-2	5-3-2	L1	
d-San Jose	76	44	23	4	5	224	199	97	21-11-3	23-12-2	6-1-0	W1	
Los Angeles	76	44	26	4	2	209	181	94	23-12-0	21-14-2	8-1-0	W4	
Phoenix	77	41	25	7	4	219	212	93	19-13-2	17-18-2	7-2-0	L1	
Nashville	77	41	26	6	4	203	182	92	22-9-4	19-17-2	8-2-0	W1	
Anaheim	76	43	28	3	2	219	221	91	24-12-1	19-16-2	8-2-0	W2	
Chicago	76	41	27	3	5	242	209	90	23-15-0	18-12-4	4-4-1	L1	
Calgary	77	38	28	4	7	235	226	87	22-12-3	16-16-3	4-4-1	W1	
Dallas	74	38	26	4	6	208	210	86	20-11-3	18-15-1	4-3-2	L3	
Minnesota	76	36	32	3	5	191	215	78	17-16-2	19-16-2	2-7-1	W1	
Columbus	76	34	31	4	7	202	233	79	17-17-3	17-14-2	3-5-1	W1	
St. Louis	76	34	32	4	6	214	222	78	21-12-1	13-20-3	5-5-0	L1	
Colorado	75	28	39	7	1	211	267	64	15-18-4	13-21-3	2-9-0	L3	
Edmonton	76	23	42	2	9	180	251	94	57	12-21-5	11-23-2	0-7-2	L10

x = clinched playoff berth y = clinched division title d = division leaders; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL or SOL columns.

Last night's results

Toronto 4 Buffalo 3

Vancouver 3 Nashville 1

Los Angeles 2 Edmonton 0

Montreal 3 Atlanta 1

Carolina 3 Washington 2 (SO)

Columbus 3 Florida 2 (SO)

Minnesota 3 St. Louis 2 (SO)

Philadelphia 5 Pittsburgh 2

Boston 3 Chicago 0

Dallas at Phoenix

Monday's results

Chicago 3 Detroit 2 (OT)

Anaheim 5 Colorado 4

Tonight's games

All times Eastern

NY Rangers at Buffalo, 7 p.m.

NY Islanders at New Jersey, 7 p.m.

Montreal at Carolina, 7 p.m.

St. Louis at Detroit, 7 p.m.

Anaheim at Calgary, 9:30 p.m.

Tomorrow's games

Toronto at Boston, 7 p.m.

N.Y. Rangers at N.Y. Islanders, 7 p.m.

Atlanta at Philadelphia, 7 p.m.

Columbus at Washington, 7 p.m.

Pittsburgh at Tampa Bay, 7:30 p.m.

Ottawa at Florida, 7:30 p.m.

Edmonton at Minnesota, 8 p.m.

Nashville at Colorado, 9 p.m.

Los Angeles at Vancouver, 10 p.m.

Dallas at San Jose, 10:30 p.m.

Ottawa TB (roughing) 13:29, Hedman TB (delay of game) 15:36.

Third Period

Toronto Bay, St. Louis 29 (Gagne, Stamkos) 5:48

Ottawa, Spezza 17 (Greening, Hale) 10:03

5. Tampa Bay, Moore 17 (Terry, Clark) 11:27

6. Ottawa, Michalek 17 (Kuba, Spezza) 15:15 (sh)

Penalties — Neil Orr (elbowing, roughing, fighting), Downie TB (fighting) 12:09.

Shots

Ottawa 9 13 11 —33

Tampa Bay 9 9 13 —31

Goal — Ottawa: McElhinney (L9-12); Tampa Bay: Roloson (W21-24-5). Power plays (goals-chances) — Ottawa: 0-2; Tampa Bay: 0-4.

Penalties — Gaetan Haas (hooking, interference) 11:32, Weber Buf (goaltender interference) 17:05, Bozak Tor (hooking) 17:57.

Shots

Buffalo 9 14 8 —31

Toronto 11 10 14 —35

Goal — Buffalo: Miller (I.33-22-8); Toronto: Reimer (W.18-8-4). Power plays (goals-chances) — Buffalo: 0-2; Toronto: 0-5.

Penalties — Stephan Auger, Brad Watson, Linesmen — Greg Devorski, Scott Driscoll. Att. — 19,483 (15,819) at Toronto.

LIGHTNING 5, SENATORS 2

First Period — No Scoring.

Penalty — Foligno Ott (slashing) 14:57.

Second Period

1. Tampa Bay, St. Louis 28 (Lecavalier, Gagne) 1:17

2. Tampa Bay, Moore 16 (Bergeron, Tyrell) 2:15

3. Tampa Bay, Miller 15 (Kessel, MacArthur) 13:35

4. Tampa Bay, Reimer 15 (Lecavalier, Gagne) 13:35

5. Tampa Bay, Foligno Ott (tripoding) 14:57.

Penalties — Fisher Nash (tripping) 9:47, Blum Nash (high-sticking) 15:22.

Third Period

1. Nashville, Fisher 18 (Blum, Kostitsyn) 14:01

2. Nashville, Blum 18 (Fisher, Kostitsyn) 14:01

3. Nashville, Blum 18 (Fisher, Kostitsyn) 14:01

4. Nashville, Blum 18 (Fisher, Kostitsyn) 14:01

5. Nashville, Blum 18 (Fisher, Kostitsyn) 14:01

Penalties — Fisher Nash (holding) 7:08, H.Sedun Vcr (trippling) 10:59, Tootoo Nash (trippling) 13:02, Salo Vcr (hooking) 14:57.

CANUCKS 3, PREDATORS 1

First Period — No Scoring.

Penalties — Oreskovich Vcr (hooking) 9:47, Blum Nash (high-sticking) 15:22.

Second Period

1. Nashville, Fisher 18 (Blum, Kostitsyn) 14:01

2. Nashville, Blum 18 (Fisher, Kostitsyn) 14:01

3. Nashville, Blum 18 (Fisher, Kostitsyn) 14:01

4. Nashville, Blum 18 (Fisher, Kostitsyn) 14:01

5. Nashville, Blum 18 (Fisher, Kostitsyn) 14:01

Penalties — Fisher Nash (holding) 7:08, H.Sedun Vcr (trippling) 10:59, Tootoo Nash (trippling) 13:02, Salo Vcr (hooking) 14:57.

Third Period

1. Vancouver, Burrows 23 (H.Sedun, D.Sedin) 1:17

2. Vancouver, Burrows 24 (D.Sedin, H.Sedun) 17:35

3. Vancouver, Rome 1 (Hansen) 19:51 (en)

4. Vancouver, Rome 1 (Hansen) 19:51 (en)

5. Vancouver, Rome 1 (Hansen) 19:51 (en)

Penalties — Blum Nash (holding) 7:08, H.Sedun Vcr (trippling) 10:59, Tootoo Nash (trippling) 13:02, Salo Vcr (hooking) 14:57.

HURRICANES 3, CAPITALS 2 (SO)

First Period — No Scoring.

Penalties — Allen Car, Arnott Wash (roughing) 8:23, Laich Wash (interference) 8:56, LaRose Car (boarding) 11:39, Cole Car (hooking) 14:20, Ersing Wash (roughing) 2:41, McBain Car (slashing) 11:03.

Third Period

4. Carolina, Skinner 27 (Allen) 1:46

5. Carolina, Skinner 27 (Allen) 1:46

Penalty — Semin Wash (hooking) 16:41.

Overtime — No Scoring.

Penalties — None.

Shootout

Carolina wins 2-0

Carolina (2) — Skinner, goal; Jokinen, miss;

Roussel, goal.

Washington (0) — Ovechkin, miss; Backstrom, miss.

Shots

Carolina 11 9 6 0 —26

Washington 16 12 7 5 —40

Goal — Carolina: Ward (W.33-25-9); Washington: Varlamov (L.10-9-5). Power plays (goals-chances) — Carolina: 1-5; Washington: 0-3.

Att. — 18,398 (18,398) at Washington.

CANUCKS 3, CAPITALS 2 (SO)

First Period — No Scoring.

Penalties — Fisher Nash (holding) 7:08, H.Sedun Vcr (trippling) 10:59, Tootoo Nash (trippling) 13:02, Salo Vcr (hooking) 14:57.

Second Period

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Penalties — Fisher Nash (holding) 7:08, H.Sedun Vcr (trippling) 10:59, Tootoo Nash (trippling) 13:02, Salo Vcr (hooking) 14:57.

Second Period

1. Vancouver, Bur

5 drive

By comparison

Chevrolet Cruze

Base price: \$17,000
All-new Cobalt replacement is big on style, content and safety features.



Kia Forte

Base price: \$17,450
Well-equipped sedan is priced right. New hatch model for 2011.



Mazda3

Base price: \$17,700
Sporty sedan and hatch is fun to drive. New thrifty engines coming for 2012.



Scan code for more car reviews and news

Longer, wider, better

There's little or no resemblance to the somewhat bland and underpowered 2008-11 Focus.

The new version is longer, wider and the front and rear wheels are set farther apart. Although the sedan's trunk has shrunk a bit, the hatchback provides cavernous stowage, especially with the rear seat folded forward.

Sedan is just as good

Parked alongside its Fiesta relation, the Focus looks positively aggressive with its wide-open-mouth air intake and more planted stance.

For those who just can't get with the sleek-looking hatchback, the sedan version offers a more conservative silhouette. It's also the only style available if you order the price-leader Focus S, which begins at \$16,450 (including destination charges).

Engine: what's not to like

The standard 2.0-litre four-cylinder engine should be to everyone's liking. Output is pegged at 160 horsepower and 146 pound-feet of torque.

That's 20 more horses and 10 more pound-feet than the outgoing 2.0-litre engine had. In the next 12 months, Ford expects to add a high-output turbocharged powerplant option, as well as an all-electric-powered model.



Ford focusing on new 'game'



MALCOLM GUNN
DRIVE@METRONEWS.CA
WHEELBASE MEDIA

The days of North Americans being one step behind the rest of the world seem to be coming to an end.

It was assumed that we simply weren't interested in stylish, firm-riding hatchbacks that Europeans were driving, so they were seldom offered here. After all, we liked soft, pudgy cars with spoilers and plastic body cladding, right? We never did, really, but that's what we got.

The upshot was that our Ford Focus was not the same as the European Ford Focus: not even close.

But the cost-saving global-design movement is changing the way the game is played and many excel-

lent European models are now showing up.

The 2012 Ford Focus and its smaller Fiesta relation are closely similar to models available throughout the world. The only major difference is that a four-door sedan body style has been added to both lineups for our market. As well, the Fiesta originates from Ford's Mexico plant, while the Focus rolls off the assembly line in Wayne, Mich.

The much-improved Focus shouldn't be viewed as just another econo-compact, but as Ford's mainstream model that can be outfitted according to taste and/or budget. It should also be a treat for anyone who appreciates an efficiently packaged car with European flavour.



10

In terms of trim levels, the top-run Titanium's full-load content includes touch-screen audio and climate controls, push button start, 10-speaker Sony sound system and a sport-tuned suspension with 17-inch wheels.

Ford Focus

What you should know about the 2012 Ford Focus:

- Types: Four-door sedan/four-door hatchback.
- Engine (hp): (hp): 2.0-litre DOHC I4 (160).
- Transmission: Five-speed manual; six-speed automated manual (opt.).
- Points: Focus represents significant design and content improvement over previous model.

Crossword

Across

1 NYDP types
5 Scratch
8 Open somewhat
12 Oil cartel
13 Have bills
14 Diamond corner
15 Something one likes
17 Met melody
18 Classify
19 "The Taking of — 1 2 3"
21 D.C. figure
22 — gin fizz
23 English channel?
26 Jewel
28 Scoundrel
31 Wander
33 Fort —, N.J.
35 Tend texts
36 Sleep disorder
38 "Glee" actress
Michele
40 Pouch
41 Commanded
43 Unburden
45 Carbolic acid
47 Pizza toppings
51 Parliamentary title
52 Sports page grid
54 Shrek, for one
55 Raw mineral
56 Director Kazan
57 Autocrat
58 Existed
59 Stalk

Down

1 Caesar co-star
2 Piece of work



Today's horoscope



For today's crossword answers and for expanded horoscopes, go to metronews.ca

Aries March 21-April 20 As Mercury, planet of the mind, turns retrograde in your sign today, you will have to look at some of the decisions you have made in recent weeks.

Taurus April 21-May 21 Some of your old fears and worries may resurface today but it is only a passing phase, so don't be alarmed. In a matter of days, you will realize that it's all in your mind and that none of it can possibly hurt you.

Gemini May 22-June 21 You seem to believe that if you don't push yourself, you will miss out and that others will get the applause that should have been yours. Maybe they will. But more likely, they'll get things thrown at them!

Cancer June 22-July 22 You may be worried about where you are going, especially on the work front. But there's no need to change your plans. Trust that fate will lead you where you most need to go.

Leo July 23-Aug. 23 It will pay you to rethink something you decided in the past few weeks, especially if your initial decision was made in haste. It's not often that you get the chance to go back and put things right. Don't waste it.

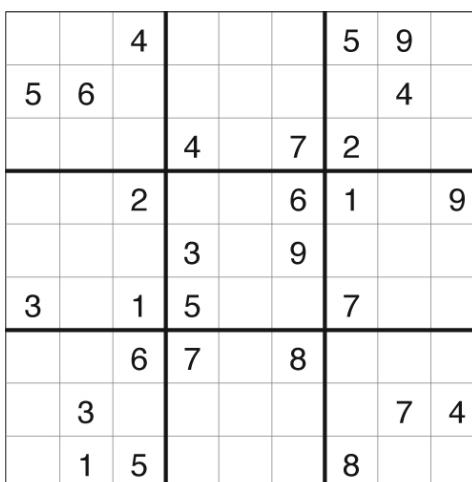
Virgo Aug. 24-Sept. 22 What seems like bad news early in the day may turn out to be good news by the end of the day. There is no need to worry. Keep that thought in mind over the next few weeks.

Libra Sept. 23-Oct. 23 It may be tempting to withhold your approval from someone who has let you down, but is that wise? Most likely it will make the situation worse than it needs to be, so let it go.

Scorpio Oct. 24-Nov. 22 Something is worrying you and the only way you are going to recover your peace of mind is to confide in someone you trust. Almost certainly you are overreacting but you won't know until you talk about it.

Sagittarius Nov. 23-Dec. 21 If you let people get away with things they do not deserve to get away with, you'll regret it. Let them know there is a price to be paid for trying to push you around.

Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►

J	A	R	S		J	E	T	B	L	A	B
I	D	O	L		E	T	H	L	O	G	O
B	A	B	Y	B	L	U	E	U	S	E	D
E	R	E	A	L	I	N	E	E	D	Y	
B	R	O	M	O	B						
M	A	I	L	S	K	A	R	L	O	F	F
A	L	S	O	Z	I	F	I	X	O	R	A
D	E	P	O	S	T	C	O	R	N	Y	
D	O	G	C	O	D						
G	A	B	Y	G	O	O	S	E	A		
L	I	R	A	B	A	N	K	R	O		
O	D	I	N	A	N	D	I	S	I		
W	E	E	K	A	G	O	D	O	S		

A look at the weather

TODAY	THURSDAY	FRIDAY
Min -2° Max 10°	Min 0° Max 5°	Min -2° Max 6°
ANUPAM NATH / THE ASSOCIATED PRESS		

Andrew Schultz,
Meteorologist



"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta". WEEKDAYS 6AM

Caption contest



You
WIN!
write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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Show some love! Send a note to somebody special at kiss@metronews.ca

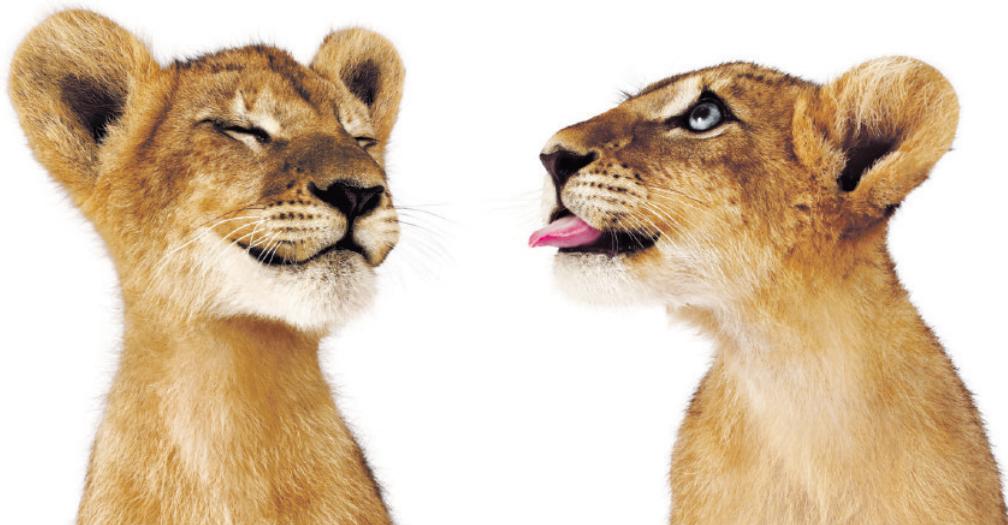
My Gorgeous Love, You are the best father, the best husband and my best friend! Me and You Forever! Plus our little go-gurts! Xoxo

Sally, I just wanted the world to know that I miss u and you made the right decision <3 DANNY

To all of my girls....we're going to Cubes in 10 sleeps and it's going to be messsssy! If group marriages are ever legal, you'll all be my hot wives. I love all of you jerks! TRIXX :)

To my cuddlepuff: This is good. Also, u're gorgeous. I love you farther than any rocketship would take me. Keep smiling, I'll be home soon. TLS :3

Happy Birthday, Zed! May all of your wishes and dreams come true P.S. I'm falling for you too



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